



Walter M. Bortz, II, MD

If you are like most people and me, you keep your important documents close at hand. Certainly your driver's license, your credit cards, your Social Security card and birth certificate are never far out of reach.

And maybe your passport, too. But what about your 100 year warranty? Where is it stashed? It might be your most important document so where is it?

I'll bet that you are not paying much attention to it. One important reason for this might be that in order to make the warrantee effective, it requires you to fulfill an important condition. And that is that you walk 1,000 miles per year.

Your warrantee specifies that if you put in 1,000 miles per year for each of the 100 years of your life, you will make the promise. The 100 year warranty is fulfilled. Where is yours?

While early miles certainly count, it's the mileage accumulated in your later years—1,000 miles per year, three miles per day, that assure the fulfillment of the warranty.

This bargain is confirmed by the work of Dr. Ben Levine who has led the important Dallas Bedrest Study. His extensive experiments conclude that three weeks in bed are equivalent to twenty years of aging.

"Use it or Lose it" is confirmed over and over again.

And it's always too soon to stop! Keep moving!

"Strive to Walk Three Miles Per Day"



Dr. Walter M. Bortz, II is one of America's most distinguished scientific experts on healthy aging and longevity. He spent his entire career at Stanford University where he holds the position of Clinical Associate Professor of Medicine. An active marathoner, he has written seven books including "Dare to Be 100" and "Next Medicine." To learn more, visit walterbortz.com or email: DRBortz@aol.com.

Editor's Note: To learn how to cash in on your 100 year longevity warranty, read Dr. Walter M. Bortz's excellent book: "Dare to Be 100." Available from Amazon.com.

Secrets of Longevity

